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Bangalore Mirror

TEMP Max 26 | Min 17 | Humidity 69% Generally cloudy sky Sensex 62,626 | Nifty 18,642 | Gold 53,860 | Silver 65,661 | Dollar 82.38 | Euro 86.60 | GBP 100.53

'BWSSB tells residents of Bellandur not to apply for new water meters and just pay a minimum amount of Rs 448'

CHILL BILL

'Board asking around Rs 2 lakh for water connection'

Y Maheswara Reddy
c-y.reddy@timesgroup.com

TWEETS @BangaloreMIRROR

The discrepancies in water bills at Bellandur in Mahadevapura assembly constituency suggest the Bangalore Water Supply and Sewerage Board (BWSSB) wants to penalise consumers who have water meters at their houses and support those who have not fixed water meters yet on one or the other pretext.

For example, the BWSSB supplied water meters only for two buildings on the 3rd Cross, Bellandur. There are around 10 buildings on the 3rd Cross.

While those who got water meters fixed are not getting sufficient water, residents without water meters have been using all methods, including bribing the valve man, using

CONTINUED ON PAGE 4 »

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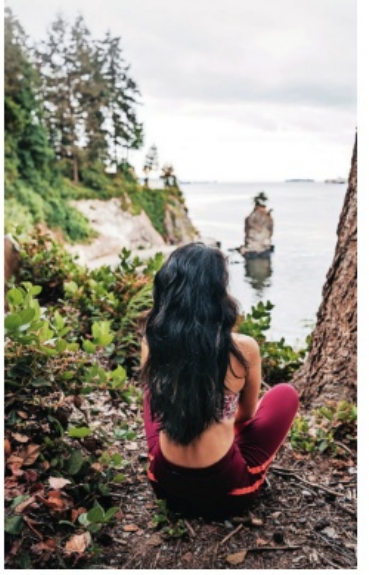
IT'S IN OUR NATURE

Should we protect nature for its own sake?



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3 THINGS TO DO

01 MLTR, live!

Catch Danish band Michael Learns To Rock -- who needs no introduction -- live at Byg Brewski Hennur. Travel back in time to early 2000s where 'Take Me With Your Heart' and the soft rock songs of MLTR played at every celebration and relive those golden days again. With more than 11 million records sold and having gone gold and platinum for their records, MLTR have always been adored in Asia and Europe for their transcendental performances that crossed geographical definitions. **Where: Byg Brewski Brewing Company, Hennur; When: December 9, 5 pm onwards; Tickets: https://in.bookmyshow.com; Details: 9686616930 / 7618767010**

02 A musical to remember

Bhoomija presents 'Aaroha', a music-play with Vidwan Mysore Manjunath. 'Aaroha' is written, designed, and directed by popular Kannada director and author S Surendranath. At the centre of the performance is a 20-member youth orchestra conceptualised and conducted by renowned violinist Mysore Manjunath, who will play the lead violin. The musical is a celebration of Indian classical music. **Where: Ranga Shankara ; When: December 9 -10; Tickets: bookmyshow.com**

03 Shop till you drop

The Grand Rajasthani Exhibition organised by Maaruthi Enterprises is holding an exhibition cum sale. The exhibition which brings together rural artisans from the eastern part of India featuring vast collections of cotton and silk handlooms & handicrafts from Orissa, tie and dye fabrics, dress materials and Orissa sarees, West Bengal cotton sarees, and many more.
Where: The Canara Union, Malleswaram
When: Till December 18, 10 am to 8.30 pm
Info: 89518 99961, 9482959786

Hitting the gym? Watch out for staph infections

... as health professionals report surge in number of cases of staph, especially among gym-goers

Iffath Fathima
Iffath.Fathima
@timesgroup.com
TWEETS @BangaloreMIRROR

Health professionals are reporting cases of staph infection among gym-goers. They say that since not many know about it and tend to ignore it, it may get serious if ignored.

Methicillin-resistant Staphylococcus aureus (MRSA) is brought on by a strain of staph bacterium that has become resistant to many of the antibiotics formerly used to treat common staph infections. Cuts, scratches, and skin-to-skin contact are all simple ways for MRSA to spread.

It can be acquired through the community/ hospital. Initially it was limited to the hospitals but now it is spreading to the community as well, stated the health professionals.

Recently, a gym enthusiast developed pustules in his nose and ignored it. It increased to multiple lesions on the body. He kept taking antibiotics and the boils reduced only a little bit. He then went to the hospital for treatment when there was a large painful lesion with a deep pus plug on his chest.

Dr Shireen Furtado, Consultant - Medical & Cosmetic Dermatology, Aster CMI Hospital, said, "Contact sports or people sharing the same equipment may be more prone to picking up bacteria shed by the previous user. Direct skin-to-skin contact or contact with things like towels, gym mats, or exercise equipment can also lead to MRSA infection. MRSA thrives in warm, humid environments like sweat from your pores, just like any other bacterium does.

Gyms and fitness classes put people at the biggest risk for catching the bacteria. Due to incorrect cleaning, all the weights, ellipticals, treadmills, and other hard objects used for exercise may harbour the MRSA bacterium. Exercise and yoga mats, which are more porous and are particularly riskier because the germs can penetrate the material and survive there for several days."

The common symptoms are skin infections like impetigo, abscesses, cellulitis, pus bumps, and boils, gastrointestinal symptoms, fever and bodyaches and pains.

DR Jagadish Hiremath, Chairman at Aasra Hospitals explained that studies have identified MRSA in swabs collected from gym equipment. In one of the studies, it was found that 31 out of 42 swab samples contained MRSA super bug. Starting from skin infections to systemic infections and skin to skin contact are some of the common ways how people get infected with MRSA bacteria. It creates severe problems in patients that are immune- compromised, he explained.

Staph infections can arise from shared equipment, say experts

Work out, safely

- It is important to sanitise gyms regularly.
- One should wash hands vigorously for 20 seconds.
- Until the cuts or scrapes heal, keep it clean and covered with dry, clean bandages.
- Use a clean sweat absorbent towel to separate workout benches from your body
- Do not exchange personal things like towels, clothing, or gym gear.
- Athletic clothing should be washed after each use.
- Wear gloves and wash them often.
- If injuries don't heal, consult a doctor immediately

While any age group can be infected by MRSA, Dr Pavithra R Consultant - Internal Medicine, Manipal Hospital Hebbal, pointed out the elderly are more at risk. "The MRSA is more commonly seen in the elderly patients who are immunocompromised, where even a small wound can lead to more infection. The MRSA can also lead to severe sepsis. When we such cases we screen them for MRSA and find out they have got the infection. The patients do not understand it's an MRSA infection and many result in ICU cases," she said.

When sustainability, music & art came together

Bangalore Mirror Bureau
mybangaloremirror@timesgroup.com
TWEETS @BangaloreMIRROR

Stories of sustainability, revelry and festive fervour came alive over the weekend as India's greenest music festival made its grand return to its home turf in Bengaluru. Echoes of Earth, in its fifth edition this year, paid a tribute to the 'Circle of Life' as it celebrated the melange of nature, culture and great live music in the midst of sprawling 180-acred lush green vistas of the Embassy Riding School on December 3 and 4.

This year's theme, 'Circle of Life,' shifted the onus towards an inclusive circle where all life begins and thrives alongside wildlife and nature conservation and regeneration stories from unexplored corners of India's diverse ecosystems. It witnessed an eclectic mix of over 40 local and international artists con-

verge on four upcycled stages - the Johnnie Walker non-alcoholic refreshing mixer Amur Falcon stage, The Himalayan Ibex stage, The Budweiser Indian Red Scorpion stage and the solar-powered Big Tree stage.

Bringing unique global sounds to the fore, the festival was a melting pot of music genres like Electronic, Soul, World fusion, Jazz, Techno, Blues, Reggae, Rock, Live Electronica and more. As audience swooned over enthralling performances by Hanumankind, The Lojal Experience, Anyasa, Vairaagi, Tara Lily, The Yussef Dayes Experiences, Henry Saiz & Band presents Moonlight Wolves, Vieux Farka Toure, T.ill Apes, and others, the festival gave greater momentum to the idea of living life eco-consciously.

Roshan Netalkar, Festival Director at Echoes of Earth said, "In these two days, we witnessed the incredible energy and passion of over 20,000 people who celebrated responsibly - keeping the ethos of the festival alive - In spite of the large turnout we were able to create a zero-waste festival. It is our endeavour to innovate further and to make the festival carbon neutral in the years to come."

Doctor is not in

BBMP looks at medicos who have to work for govt service to fill vacancies at Namma Clinics

| Melvin Mathew
c-melvin.mathew
@timesgroup.com
TWEETS @BangaloreMIRROR

Falling short of doctors for the second phase of Namma Clinics, the BBMP now plans to seek help from compulsory government service to fill posts. The BBMP needs to fill 130 positions for Phase 2 to launch by December- end.

In the first phase, BBMP has planned to open 109 clinics to be launched by mid-December and it now has an adequate number of doctors for that phase. But for the second phase, 135 clinics will be launched and BBMP is facing a severe crunch of doctor staff here.

Namma Clinics will have one MBBS doctor, nurse and lab technician and a group D employee.

BBMP Special Commissioner (Health) Dr Trilok Chandra told BM, "For the remaining 135 clinics, we are making arrangements and will likely fill the positions by the end of the month. We are exploring alternatives with compulsory government service. We need a regular batch of personnel to run Namma Clinics. This will also assure that candidates will come on a year-to-year basis and clinics will have an assured supply of manpower. We have written to the government regarding this and they are working on it."

BBMP is planning to employ fresh graduates to fill empty positions in Namma Clinics. "We require at least 130 positions to be filled," said Chandra.

BBMP has also made another proposal -- As per the Latest National Medical Guidelines, during the third, fourth and fifth semester, medical students are supposed to work a few months in a public health setup. "We have also spoken to the Directorate of Medical Education regarding this," added Chandra.

The Palike had called for public notifications informing about the job positions available four times. Approximately, 130 people had applied, but only a handful of candidates reported for duty, say officials.

According to data provided by BBMP, for the Namma Clinics project, no new buildings were constructed. As many as 155 clinics have been installed on the BBMP premises and the remaining are being rented out. These are 1,000-1,200 sq feet spaces established for providing affordable health care.

Around 438 Namma Clinics are being planned in Karnataka and 243 in Bengaluru alone. Each ward in the city will have at least one clinic. The state government is expected to spend Rs 138 crore per year towards staff maintenance.

The clinics will act like Primary Health Centres and will be primarily targeted at people below the poverty line. The Namma Clinics are being established to bridge the gap left due to having only a few PHCs in urban spaces.

BangaloreMirror
Wanted: Doctors for Namma Clinics

BM had reported about the shortage of doctors for Namma Clinics on Nov 12

Don't fall for the fakes, folks

The Central Crime Branch has busted a fake marks and degree certificate racket. Pratap Reddy, Commissioner of Police, Bengaluru City, said that the accused used to forge marks cards and certificates of universities and colleges for various courses like PUC, BCom, B.E and MBA.

"They used to provide certificates to students at an enormously high price. During the search, the police found 1,000 fake certificates and seals of various universities. As of now, four people have been arrested and they are being questioned," said Reddy. The police are looking for other suspects and the case is being probed.

Not forever diamonds

The Pulakeshi Nagar police have arrested three men for selling fake diamonds. The accused Nagaraj, Balakrishna and Rajesh were cheating buyers of crores of money by palming off fake diamonds to them.

According to the police, the gang used to target businessmen, and would claim to them that they had diamonds at a lower rate than the market price. Their luck ran out when one businessman smelt a rat.

"A businessman filed a complaint in the police station stating that the gang members met him in Frazer Town and promised to give him 92-carat diamond worth Rs 25 crore at a lesser price. They had also asked him to pay in advance. The businessman felt suspicious about it, so he approached the police," said the police.

It was based on this complaint that the police arrested the three accused.

– Ahna Prakash

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Wading outside police station in Indiranagar

Area near Indiranagar Police Station is waterlogged at all times

Melvin Mathew
c-melvin.mathew
@timesgroup.com

TWEETS @BangaloreMirror

A stretch of road adjacent to Indiranagar Police Station is constantly waterlogged. Residents say that the area has been in this state for at least six months.

Despite complaining to authorities on multiple occasions, the road behind Indiranagar Police Station (11th Cross Road) is constantly inundated at the entrance. Locals speculate that it could be due to broken sewage pipes as water seems to be there even when it does not rain. Although it is in close proximity to a police station, citizens have not been able to get the road fixed. Apart from not being able to walk on the road due to water, citizens also complain about the stretch not being asphalted in years.

Razi Abbas, a resident of the area, told Bangalore Mirror, "The road near Indiranagar Police Station has been waterlogged for almost a year now. For the last eight years, the roads have not been asphalted, and in the last two-and-a-half years, the Bangalore Water Supply and Sewerage Board (BWSSB) has been constantly digging up the area for the laying down of water lines. The road has been in a terrible state. When the Bruhat Bengaluru Mahanagara Palike (BBMP) is filling up potholes in the city, our road is being neglected. We have made repeated visits to the ward office, but there has been no respite." The BBMP AEE had also reportedly promised to fix the road two weeks ago.

The state of the road outside the police station on 11th Cross Road in Indiranagar is always waterlogged, come rain or shine

One end of the road leads to 100 feet Road, and the other end, the police station. When 100 Feet Road was shut for white topping work, the station side was the only entry point for at least a year. With Old Madras Road being shut for rapid road work, the stretch is seeing increased traffic.

Another resident, Dr Krishnan, alleged that corner construction has broken the sewage lines, leading to it overflowing onto the streets.

> **"For the last eight years, the roads have not been asphalted, and for over two years now, BWSSB has been on a digging spree**
> – Razi Abbas, resident of the area

"There is only a small strip left for pedestrians to walk and delivery agents park their vehicles there. We have complained to the police regarding this and they assured us that parking will be prevented. The road has been a victim of road digging by multiple agencies but has not been tarred in about three years. The stagnant water has also become a breeding ground for mosquitoes and is very unhygienic," said Dr Krishnan.

Kanhaiya Jetani, also a local, said, "The road has become unusable due to the sewage-mixed water at the entrance. I highlighted the issue to the CV Raman Nagar MLA as well. The stretch has a lot of potholes."

BBMP officials say that work for asphalting the road will be carried out soon. "Work will be started shortly for asphalting and drainage. Estimates for the work have been submitted," BBMP AEE Srinivas told Bangalore Mirror

Will you go by the meter in Bellandur?

CONTINUED FROM PAGE 1

electric water pumps to draw water from Cauvery water pipeline and so on. "We have fixed the water meter after paying the fees specified by the BWSSB. While other residents are enjoying drawing as much water as they need by using electric water pumps, we continue to suffer. We are compelled to pay more money while others are paying less than us even after drawing more water," said a resident on the condition of anonymity.

The residents said they constructed buildings long ago; the BWSSB had collected deposit money and other fees for water supply connection back then. It happened much before the BBMP came into existence, they told BM. "Our area (Bellandur) was under Mahadevapura Municipal Corporation when we paid money to the BWSSB. I am ready to pay for the new water meter but not the amount demanded by the BWSSB. Now the BWSSB authorities are asking me to pay around Rs 2 lakh for water connection," said Shankarappa C, a resident. It is alleged that BWSSB staff have told the residents not to apply for new water meters and to pay a minimum amount Rs 448 towards water and other charges.

"As of now, the BWSSB sends a bill for Rs 448 for consuming around 30,000 litres of water. I did not install the water meter. The BWSSB staff gives the water bill for the same amount every month," said Shankarappa who owns a three-storey building.

It means the BWSSB is supplying 10,000 litres of water for each floor every month. It comes around 303 litres per day for each floor. Is it sufficient for drinking, washing clothes and utensils, and for a bath?

Meanwhile, a BWSSB engineer BM spoke to said that measures have been taken to install water meters at all houses that are getting Cauvery water. "All the residents have applied for water meters at once. There is a shortage of water meters as a result. We will install water meters at all houses," the engineer said.

BANGALORE WATER SUPPLY AND SEWERAGE BOARD

The copy of water bill issued by the BWSSB last month to Shankarappa who is yet to get a water meter fixed

BANGALORE WATER SUPPLY AND SEWERAGE BOARD

A copy of the water bill that was issued to Shankarappa in July 2010

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No soiling here

McPherson Road

The corner of McPherson Road and Wheeler Road extension has become a public urinal. The stench is unbearable.

Fix the road

Shivajinagar

The road near Boti market in Shivajinagar is in a very poor state.

Walkers blocked

Sankey Road

Footpaths have been blocked by barricades near Jawaharlal Nehru Planetarium, Sankey Road.

For want of a loo, grand old tree chopped

Y Maheswara Reddy
c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

Several environmentalists are up in arms after the Vice-Principal of a Government PU College, KR Puram, gave permission for a three-decade-old tree to be chopped to make space for a toilet block.

"The tree was there for more than 30 years on the college premises. I used to be on the School Development Committee during those days. I am very sad to see the tree no more on the college premises. The Vice-Principal wrote the letter to the BBMP Forest Department without consulting anyone," said Kodandaram R, a resident of KR Puram.

Criticising the Vice-Principal and the BBMP Forest Department for cutting the tree, Chandraiah, an ex-councilor of KR Puram Municipal Council, said there was sufficient space, and the tree did not need to be sacrificed. "We are not against constructing toilets for students but cutting down a well-grown tree was unnecessary. I came to know that the Vice-Principal wrote the letter without informing the principal," said Chandraiah.

Balaji Raghotham, an environmentalist, said that the Vice-Principal should have identified the space elsewhere. "I think the BBMP Forest Department succumbed to pressure from influential persons."

The tree was there on the college premises for more than 30 years

M Sreeram, an environmentalist responsible for planting and watering hundreds of saplings on Sai Baba Temple Road (between KR Puram and TC Palya), was sad when he heard of the incident. "The BBMP Forest Department should have trimmed the branches only," he said.

Meanwhile, Krishnappa, the Vice-Principal, said the existing toilets were demolished to facilitate construction of classrooms. "I wrote the letter to cut the tree as there was no suitable space for the construction of toilets on the college premises."

He said that he would take up planting saplings in association with the BBMP Forest Department soon. "I will involve students in planting saplings," he said.

The BBMP Range Forest Officer (Mahadevapura) Sudarshan Reddy said that gave permission to cut the tree based on the letter from the Vice-Principal. "I visited the spot. The tree was healthy. I tried to persuade the Vice-Principal on the importance of the tree but in vain."

The tree was chopped on the college premises several days ago

Slithery friends, in danger

More and more snakes getting killed or suffering injuries during construction activities in and around Bengaluru, say NGOs and wildlife activists

Garima Prasher
c-garima.prasher
@timesgroup.com
TWEETS @BangaloreMIRROR

PIC FOR REPRESENTATIONAL PURPOSE ONLY

A surge in land construction activities using earth movers are contributing to snakes suffering serious injuries

Strong and sudden spells of rain along with a surge in construction activities across the city have kept snake rescuers and organisations busier than ever. The volunteers with the Bruhat Bengaluru Mahanagara Palike (BBMP) as well as various NGOs working in the space say the number of injured reptiles has only been going up over the past few months.

"We have rescued nearly 500 snakes over the past six months. Earlier, the number of snake rescue calls used to be higher during the monsoon season. However, that line is blurred now. We mostly get cases of the reptiles sustaining severe spinal cord injuries after getting entangled in JCBs or being run over by the vehicles," said Colonel (Dr) Nawaz Shariff, chief veterinarian, PFA wildlife hospital.

As per the data shared by the hospital, over 700 snakes have been rescued by the NGO this year alone.

According to Mohan K, wildlife rescuer, BBMP, cases of reptiles sustaining spinal cord injuries are mostly being reported from the city outskirts. Cobras and Russell's Vipers are the two species that are at greater risk of sustaining these injuries.

"While cobras are known to hide inside their burrows at the slightest disturbance, Russell's Viper is nocturnal and thus has limited mobility during the daytime. Most of the cases are from sites that are being cleared for construction purposes in the city's outskirts," said Mohan.

Experts say such incidents can be avoided if we resort to the practice of clearing the sites before deploying a JCB.

"This will give the snakes a chance to run away. One should clear the land and leave it for a day or two. Adding water to the site will force the snakes further to vacate their burrows. Otherwise, spinal cord injuries become fatal in snakes and most of them succumb to the injuries despite the treatment," added Mohan.

Reports of Cobras and Russell's Vipers suffering injuries are mostly being reported from Bengaluru's outskirts

According to the experts from the Avian and Reptile Rehabilitation Centre (ARRC), yet another animal rescue centre in the city, dug up by JCBs, run over by the vehicles and incorrect rescue techniques are some of the factors that have led to the increase in the number of snake rescue cases recently.

"There is a slight uptick in snake rescue cases. While land-clearing activity for construction projects and snakes being run over by vehicles are important factors, the use of incorrect rescue techniques by amateur rescuers is yet another reason behind this uptick. When people see snakes, they panic and reach out to people who might not be well-equipped to handle snakes, leading to serious injuries," said Subiksha Venkatesh, rescue manager, ARRC.

PFA's reptile rehabilitation centre

Given this surge in snake rescue cases, PFA in association with Ashraya Hastha Trust is coming up with a reptile enclosure for the rescue and rehabilitation of snakes with grave spinal cord injuries.

"Currently we are rescuing 50-60 snakes with a history of being displaces, trapped or injured. Among these, almost 30-40 per cent of snakes need veterinary and rehab support, at present, we can hold 10 snakes. However, the upcoming centre will be able to hold 30 snakes for treatment, recovery, and release along with artificial incubation of reptile eggs," added Colonel Nawaz.

IN BRIEF

Hope renewed for octogenarian

An 80-year-old man from Coimbatore underwent a risky procedure on his heart successfully despite having bypass surgery 16 years ago.

According to doctors, he witnessed severe chest pain recently. During an angiogram, it was revealed that all three vessels are blocked and out of the three grafts only one was functioning.

Commenting on the condition, Dr. Karthik Vasudevan (Senior Consultant - Interventional Cardiology Heart Failure Specialist, Manipal Hospitals, Yeshwanthpur), said, "The patient was an octogenarian, so this was a very risky case. All the grafts were closed, and he was dealing with the native capillary disease along with having heavily calcified vessels. So, we decided to treat him with Left Main Bifurcation with Rotablation. As all the grafts were closed off in this patient, the artery had to be opened during the procedure. We had to take the support of the left ventricle."

The doctor further added that during the procedure, the impella was inserted into the left ventricle which helped in pumping blood from the left ventricle to the aorta.

It supported the heart with a flow of 2.5 litre per minute while the procedure was performed. It was surprising that when the angiogram was performed, one of the arteries was closed off which would have been a cause for a heart attack.

So, during the procedure, it was required that doctors open both the arteries and use the Rotablation technique. Along with that, all the calcium was removed with the help of intravascular ultrasound.

BMB

E-bikes a click away, soon

Under Karnataka Electric Bike Taxi scheme, state to issue licence for operating e-bike taxis

Melvin Mathew
c-melvin.mathew@timesgroup.com
TWEETS @BangaloreMIRROR

A yellow helmet will have to be worn by both passenger and driver, according to the scheme's provisions

The Karnataka State Transport Authority has decided to issue a licence to a private company for running electric-bike taxis in the city. The department had invited applications under the Karnataka Electric Bike Taxi scheme 2021.

The department will be issuing a licence to run e-bike taxis in the city for the first time and is mulling handing over the same to Wicked Ride Adventures Services Pvt Ltd.

Additionally, another private company running electric cabs, Blu Smart, might be issued a licence to operate as well. The licence is likely to be issued within a week and will be valid for a period of five years.

"The bike taxis will be allowed to charge Rs 25 for 5 km and Rs 50 for 10 km," said Hemantha Kumara L, Additional Commissioner, Transport Department.

According to the provisions specified under the Karnataka Electric Bike Taxi scheme, the bikes taxis are expected to meet the last-mile connectivity gaps. The distance between the origin and destination of the trip should not be more than 10 km.

A yellow helmet needs to be worn by the driver and passenger. The driver should wear a jacket with the words 'Electric Bike Taxi' on it. A person below the age of 15 years will not be offered the services. The distance travelled needs to be calculated according to the odometer fitted in the bike and not based on journey time.

> **The bike taxis will be allowed to charge Rs 25 for 5 km and Rs 50 for 10 km**
>
> –Hemantha Kumara, Additional Commissioner, Transport Department

Ankit Acharya, Leader-Communications and PR of Bounce told Bangalore Mirror that they have applied for the bike taxi licence and are waiting for it.

"First mile and last mile commute is something that we as a company have always been bullish on. Bounce's share has catered to this problem for the last few years and has helped millions in the city move safely," she said.

"For bike taxis, we are introducing a safe built-in India scooter. This will allow commuters to have a comfortable journey and also enable female rider partners to come on board," she added.

Ola-Uber licence not renewed

No licences have been renewed for cab aggregators yet. Cab aggregator services have been asked to be compliant under the Karnataka On-demand Transportation Technology Aggregators Rules, 2016 to get a licence to operate.

All aggregator platforms were called by the Transport Department to discuss various compliances required to grant the licence. According to the rules, the licence applicant should include a fleet of a minimum of 100 taxis, facilities for monitoring the movement of taxis with GPS, GRPS (along with a control room facility), a panic button for passengers, a digital fare metre, and a display board with the words 'taxi' on it.

Aggregators have been asked to present their final stand by next month. Ola has been given one month and Uber has been provided with one-and-a-half month to comply with the provisions.

City cyclists, time to claim your rights!

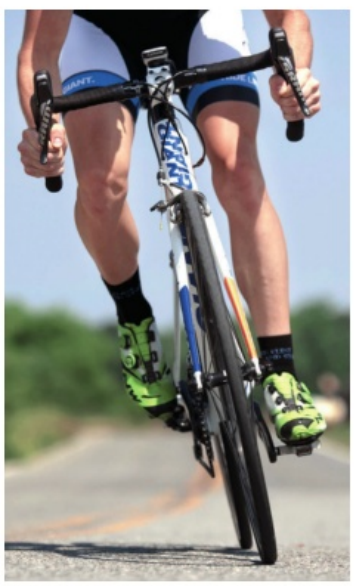
Citizens to cycle with agenda to push for passing of Active Mobility Bill

Saumyangi Yadav
c-saumyangi.yadav
@timesgroup.com
TWEETS @BangaloreMIRROR

Bengaluru's cyclists have decided to host an 'awareness ride' highlighting the need for an Active Mobility Bill to be passed in the state.

An official draft of the bill was released by the Directorate of Urban Land Transport (DULT) in December 2021. The bill mandates urban local bodies to design safe, accessible infrastructure for pedestrians and cyclists.

According to Sathya Sankaran, 'Bicycle Mayor of Bengaluru', there is an urgent need for more inclusive infrastructure in the city that caters to pedestrians and cyclists and protects their rights. "This is mainly for awareness of people on the road that cyclists and pedestrians matter. There is an opportunity for the state government to take up the bill in the upcoming winter session and pass it so that we can get better infrastructure," he said.



According to Section 138 of the Motor Vehicle Act, 2019, each state can make its own rules to ensure road safety for non-motorised vehicles and pedestrians. Karnataka was the first state in India to draft a bill that safeguards the rights of cyclists and pedestrians. The bill was put out for consultation at the beginning of this year and garnered positive responses.

"Bengaluru is a globally recognised city. It is expanding by being the tech capital and innovation hub of India. Many people from other countries are coming here now. So, now more than ever, there is a need to provide infrastructure and space for cyclists," Sankaran added.

The draft also acknowledges that the current legal framework does not have specific provisions to determine and protect the rights of pedestrians and cyclists.

It says that a code of conduct should also be prepared by a state-level agency to provide guidance on the expected behaviour of pedestrians, cyclists, and drivers regarding the right use of footpaths, cycle paths, and shared paths.

It even recommends that this code of conduct be adopted by the school curriculum to inculcate good civic behaviour from an early age.

"This bill can also help sensitise motorists to understand that they are sharing the road with cyclists and pedestrians. We have to reduce the accident rate in the city," Sankaran further said.

If the bill is implemented, it could bring Bengaluru at par with other cities around the globe.

"Today, the penalty or punishment that is there for violating cycle lanes is not enough to deter people. This act provides a good guideline for all road users on how to keep people safe on the road," he explained.

Cyclists will be going around the CBD area of the city on December 10 for this purpose, starting at 7 am.

Citizens have also started an online petition requesting the bill be taken up by the state government. It has received close to 800 signatures so far.

Over 15,000 PwDs get unique IDs

Iffath Fathima@timesgroup.com
TWEETS @BangaloreMIRROR

The District Disability Rehabilitation Centre (DDRC) aims to provide comprehensive services to Persons with Disabilities (PwDs). They are helping PwDs in the Bengaluru Urban district in a big way.

The initiative to provide Unique Disability IDs (UDID) was started this year and has been running at a fast pace with over 15,000 PwDs getting their IDs so far. DDRC is an initiative of the Union Ministry of Social Justice and Empowerment. The UDID project was implemented with the view of creating a national database for PwDs.

The project will encourage transparency, efficiency, and ease of delivering government benefits to the PwDs. The DDRC in Bengaluru is located in the Peenya Industrial Area and is run by the Lions Kumara Park Trust in association with the Department of Disabled and Senior Citizen Empowerment. Over 21 types of disabilities are covered under the UDID cards, some of which are blindness, dwarfism, hearing impairment, locomotor disability. Raju Chandrashekar, Member Secretary, DDRC, said, "As the pandemic hit in 2019, we could not start with helping people to get UDID cards as there were lockdowns. Now, as things are back to normal, we have started the project."

> **The initiative was originally set to take place in 2019, but was delayed due to covid**

As of December 6, 2022, over 24,802 people have registered for the card. "We have 33 Urban Rehabilitation Workers (URWs), 93 Village Rehabilitation Workers (VRWs), and 5 Multi Rehabilitation Workers (MRWs) assisting DDRC with identifying PwDs at Panchayat and Taluk level. They ensure that the PWDs enrol for the UDID card and assist them in getting the percentage of disability assessment from competent authorities in government hospitals. A person can get the card in 15 days after enrolment," said Chandrashekhar.

DDRC is tied up with 13 government hospitals. PWDs are taken to the nearest government hospitals and assessed by doctors. People with 40 per cent and above are considered 'high disability. They are provided free equipment like tricycles, wheel chairs, hearing aids. Those getting below 40 per cent are not considered to have many risk factors and will not get all the benefits for free.

Border row simmers, Bommai assures Kannadigas' welfare

Reports of vehicles being targeted on K'taka-Maha border; CMs speak to each other

Bengaluru/Mumbai

The border dispute between Karnataka and Maharashtra over claims for Belagavi intensified on Tuesday, with vehicles from either side being targeted, leaders from both states weighing in and pro-Kannada and Marathi activists being detained by police amid a tense atmosphere in the border district.

Karnataka CM Basavaraj Bommai asserted his government's commitment to protect the borders and ensure Kannadigas' welfare and denied the issue had anything to do with the 2023 Assembly polls in the state, where the ruling BJP is fancying a successive term. In Bengaluru, Bommai denied the issue had anything to do with the 2023 Assembly polls in the state.

"There is no relationship with upcoming assembly elections and Karnataka's stand on the border issue. For many years now, it is Maharashtra that has been raking up the issue," he said. Maharashtra has raised the dispute and there is reaction from Karnataka, he added.

Speaking to reporters, he maintained there is harmony between people of both states and it should not be disturbed.

"The case is before the Supreme Court, our stand is both legal and constitutional, so we are confident that we will win the legal battle. So there is no question of us wanting to create an issue out of it for the sake of elections. We are committed to protect the state's borders and our people, and also the interests of Kannadigas living in Maharashtra, Telangana and Kerala " he added.

Nationalist Congress Party chief Sharad Pawar termed the situation in the border areas of the two states as "worrisome", and said the time has come to take a stand after seeing what is happening there.

"Maharashtra has taken a stand of observing patience and it is still ready to do that. But even that has a limit. In 24 hours, if the attacks on vehicles are not stopped then this patience will take a different path and the responsibility will be completely on the Karnataka chief minister and the Karnataka government," Pawar told reporters in Mumbai. A Maharashtra ministerial delegation that was supposed to visit Belagavi and hold discussions with a pro-Marathi group postponed its schedule while Kannada organisations staged a protest in the district in a show of strength.

Security was beefed up at the Karnataka-Maharashtra border amid the protests over the border dispute, at Chikodi, in Belagavi on Tuesday

CM maintains there is harmony between people of the two states and it should not be disturbed over Belagavi issue

On the Karnataka side of the border, trucks and vehicles bearing Maharashra registration were apparently targeted.

In a show of strength, pro-Kannada organisations staged demonstration in Belagavi, against the proposed visit of the ministerial delegation from the neighbouring state.

The Karnataka Rakshana Vedike, which led the agitation also announced statewide protests from Wednesday.

The leaders of the Kannada organisations protested against Maharashtra Ministers Chandrakant Patil and Shambhuraj Desai's proposed visit which was postponed later.

The activists held placards, banners, posters, Karnataka's flag and raised slogans against Maharashtra for raking up the issue. The activists reportedly blackened the number plate of a few trucks with Maharashtra registration. In view of the protests, police made elaborate security arrangements in the city to avoid any untoward incidents.

To prevent the situation before turning into violent, police took the protestors under preventive custody.

Karnataka Rakshana Vedike president T A Narayana Gowda expressed his displeasure over the preventive arrest. Normal life was affected due the protests across the city.

Meanwhile, Maharashtra Deputy chief minister Devendra Fadnavis took up with Bommai, stone-pelting incidents on vehicles entering Karnataka from his state.

"The Karnataka Chief Minister assured Fadnavis of strong action against the perpetrators," the sources added. **PTI**

Gang walks into a bar...

A gang of eight people attacked two people in a bar in Nelamangala because of a fight over a chair.

A case has been registered in Nelamangala town station in this regard and the accused have been charged with assault.

According to the police, eight people came to a bar named Sneha Wines with handguns. Later they got into a fight with two people over a chair and attacked them.

The accused have been identified as Shyam Sundar alias Munna, Manoj alias Manu, Bharat alias Bharti, Venkatesh alias Badda, Prahlad Rao alias Pannu.

The attack was caught on the CCTV camera, said the police.

Hunting for a dog thief

The Marathahalli police station has registered a complaint against a dog thief in the city.

A man is accused of stealing a dog from the complainant Murali Madhav in Marathahalli's BR Layout a week ago. In the CCTV footage, it was seen that the accused came on a bike and fed a biscuit to the dog. When he saw that nobody was looking, he took the dog and fled the scene.

"The dog owner has registered a complaint with us. It is a 38 kg, one-and-a-half-year-old golden retriever. We have checked the CCTV footage and are looking for the accused," said the police.

The case is still under investigation.

Wire thieves nabbed

The Railway Protection Force along with the crime wing of Bengaluru Cantonment arrested a gang of five people, who were involved in stealing catenary wire (overhead wires used to supply electricity).

The culprits committed a theft of catenary wire worth Rs. 34,000, said the police.

The operation was led by a railway inspector under Operation Railway Suraksha.

Murder: 4 arrested

Four people have been arrested in the murder case of a man aged about 30 years who was found dead on the road near KP Agrahara Police Station.

A case was registered under section 302 of IPC after receiving the complaint. The victim has been identified as Manjunath Balappa Jamkhandi.

According to Laxman B Nimbargi, Deputy Commissioner of Police, Bangalore City West Division, the victim was killed by a gang of six people on December 4. The police are still investigating the matter and are looking for other absconding accused. **— Ahna Prakash**

Traffic diversion advisory

The City Traffic police have issued an advisory regarding traffic restriction in HAL Airport traffic police limits.

The police have said that due to execution of work for an underpass near Marathalli Junction (Munnekolala underpass), the traffic will be diverted from today. Traffic moving on either sides of the carriageway is restricted. Work is expected to be completed in 20 days so expect slow-moving traffic for the next 20 days. **BMB**

MoUs are the 'real deal'

Karnataka Large and Medium Industries Minister Murugesh Nirani on Tuesday said three-fourths of the MoUs signed during the Global Investors' Meet would be implemented in the next five years.

The conversion ratio will be much better this time, he said. "We have not made MoUs just to glorify or to show numbers. We have approved only those projects who intend to start projects in the state," Nirani said at the meet-the-press on Tuesday. **PTI**

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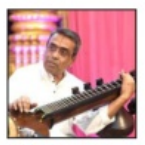
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While women referees make history...

Three women referees - Stephanie Frappart (France), Yamashita Yoshimi (Japan) and Salima Mukansanga (Rwanda) - made history at the 2022 World Cup. They became the first women's team of referees to officiate in a men's match when they officiated in the Germany Vs Costa Rica group league match.

But many of their masculine counterparts in the panel were embroiled in a number of controversies leading to confusion among the players and spectators alike.

Controversies are not new to the World Cup. But the key decisions, right or wrong, were naturally given and not reversed. But now with technology extending its arms and legs, referees have been forced to change their decisions to the dismay of all.

There is no football referee who will not make a mistake. But a worthy referee is one who makes fewer mistakes. Despite this fact and leeway allowed to referees, despite the fact that FIFA's refereeing chief is the ever-popular Italian Pierluigi Collina, referees, their assistants on the lines and in the Video Assistant Referees (VAR) room have played havoc with some matches. They have promptly turned the Laws of the Games topsy-turvy. A player is ruled offside as his shirt 'sleeve' was offside or the toe nail portion of the boot was offside, the shoulder was offside, etc. The semi-automatic offside technology enhances judgment accuracy so the sleeve is plucked offside, not the player. Could it be more outrageous?

The referee is the deciding authority, but he is selective in soliciting VAR's help. So be it. Then why VAR at all? Dispense with it and prevent all confusion. French striker Antoine Griezmann was typically awarded a goal before it was promptly cancelled. This after the restart which is contrary to the laws.

The delayed offside flag is another major 'confusion creator' in Qatar. The Assistant waits for the move to be complete. In the meanwhile a goal is scored but the flag goes up penalising a player for being offside.

Two moves later a player is played onside as the defenders have moved back. But the player is pulled up for being offside when the move was initiated. Ecuador's Enner Valencia scored a genuine headed goal against Qatar but his colleague, who was offside two moves earlier, was pulled up and the goal cancelled. Soccer laws retain no meaning at all. The VAR room has taken over the Laws of the Game and has become a law unto itself. There are a number of incidents when the referee and the unified team of two assistants, a fourth official and the VAR Room of at least six to seven officials, most being qualified referees themselves, have bungled and overruled goals scored without blemish or have chosen not to interfere when there was a need to.

Referees Stephanie Frappart of France (centre), Yamashita Yoshimi of Japan (right) and Salima Mukansanga of Rwanda (left) at the Germany Vs Costa Rica game

Technology is being used selectively by referees. That has created confusion and also some suspicion in the minds of the spectators who spend thousands of dollars to go and support their national teams. Either the referees must be given clear instructions to use technology to decide every penalty or not resort to it and provide a ruling, right or wrong, themselves.

The earlier system when the assistant referee flagged a player offside no sooner he, indeed, was offside, must be re-implemented. Football refereeing must be saved from the 'shirt sleeve' identifying technology and human element restored completely.

— SS Shreekumar

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CHANGE OF NAME

I, SRIDHAR A B @ A B SRIDHAR @ SRIDHARA A B S/o BACHEGOWDA A N @ A N BACHE GOWDA @ BACHE GOWDA @ BACHCHEGOWDA A N @ A N BACCHEGOWDA, Resident of No.71, Anupahalli, Hoskote Taluk, Bangalore Rural, Karnataka-562129 have changed my name to SHARATH BACHEGOWDA vide affidavit dated 03.12.2022 sworn before notary Renuka .C, Bangalore.

I, KIRANA RAVI KULKARNI, Resident at No.353, 6th Main, Nagendra Block, BSK 3rd Stage, Near PES College Bengaluru, Karnataka 560050 have changed my name from KIRANA RAVI KULKARNI to KIRAN RAVI KULKARNI, vide affidavit dated 06th Dec 2022 sworn before notary M.K. Devaki, Bengaluru.

I, GULAM DASTAGER ABDUL JABBAR S/o Abdul Jabbar A, Aged about 62 Yrs, R/at No.863, New No.11/1, 10th Cross, Vinobhanagar, K G Halli, Bengaluru- 560045, have changed my name to MOHAMMED GULAM DASTAGEER vide affidavit dated: 4/11/2022 Before Notary Prakasha. C, Bangalore.

I, Noor Fathima (Nasira Banu) W/o M. Mustafa Shareef R/o No 80, 4th Cross, Magadi Road, Vidhyarana Nagar, Tolgate, Bangalore - 23 declare that both name belong to the same person.

I Fairoz Sharif S/O, Aman Sharif R/o D106, Prakruthi Meadows Apt. Kashi Nagar, Amruthahalli, Bangalore.560092 have changed my name to Fairoz Aman Sharif for all purposes

I, Sunitha W/o Suresh Kumar Bs R/o 556, 13th Main, Mei Layout, Hesraghatta Main Rd, Bagalugunte B'lore 560073 have changed my name to Sunitha Suresh for all purposes.

I, ARSHIYA BANU R/@ #3/4 7th Main E cross, old guddadahalli vinayakanagar Bangalore-26. I have changed my name to ARSHIYA SIDDIQUA, Vide affidavit dated 18/11/2022 sworn before notary M.K. Devaki Bangalore

I Prakash S/O, Prabhakaran R/o B1, No.55, Ambika Paradise, Shivaganga Layout, Mahadevapura, Bangalore - 560048 have changed my name to Prakash Prabhakaran for all purposes.

I Gohil Shitalben D/O, Bhikhubhai Jasamatbhai Gohil R/o 4131, Prestige Ferns Residency, Haralur Main Rd, Bengaluru, 560102 have changed my name to Gohil Shital for all purposes.

I, Shafee Ahamad S/o. Shekh Husen Residing at No.35, Chinnana Gowda Layout, Anekal Road, Attibele, Bangalore-562107 have changed my name to S. SHAFI AHMED S/o. M. Shaik Hussain vide affidavit dated 06.12.2022 Sworn before notary: V.Anjanappa, Bangalore

I, KAMALLAMMA, R/o No.60 Kamala Nilaya, 2nd Cross Gayathri Layout, Ramasandra Bangalore-560060, have changed my name from KAMALLAMMA to KAMALESHAKUMARI, vide affidavit dated 26.11.2022 sworn before notary M.K. Devaki, Bangalore.

I Dimpleben Vijaykumar Adatiya D/O Vijaykumar Jamnadas Adatiya, - R/o No 2, 16th Floor, Block Wing B2, Elita Promenade, Kothnur Village, J P Nagar, Bengaluru - 560078. have changed my name to Dimple Vijaybhai Adatia for all purposes

I Akshatha Chitpady Ballal W/O, Ashwin Krishnadas R/o B204, Tower 4, Gm Infinite Silver Spring Daffodils, Jodi Mallasandra, Hesaraghatta Road, Bengaluru - 560056 have changed my name to Akshatha Ballal for all purposes.

I, Samarth, S/o Janardhan Pai R/o Flat 209, Deccan Expressions, #11/1A, 2nd A Main, 2nd Cross, Kodichikkanahalli, BTM 4th Stage, Bengaluru-560076 have changed my name to Samarth Janardhan Pai for all purposes, vide affidavit dated Dec 05, 2022, sworn before Notary D.S. Chandrakanth.

I, Lakshmaiah M R/o #849 James School Road Avalahalli Virgonagar, Bangalore 560049 have changed my minor son's name from Yashwanth L to Yeshwanth L for all purposes.

I, IMTIAZ KHAN S/o Ubaid Ulla Khan, Aged about 44 Yrs, R/at No.25, Ground Floor, 9th Cross D Block, Dr.APJ Abdul Kalam Road, Rashad Nagar, Bengaluru- 560045, have changed my name to IMTHIYAZ KHAN vide affidavit dated: 4/11/2022 Before Notary Prakasha .C, Bangalore.

I, Archana W/O Sudhindra Kundapura R/O E104, Satyagreens Apartments, Thindlu, Bangalore 560097, have changed my name to Archana Raykar for all purposes.

I, ARSHAD BANU VISHARAM LAL BASHA R/at # 218 8th cross blor-84 have changed my name to Arshad Banu for all purposes.

I, Nisha Chawat W/O, Akash Jain R/o #311, 66th Cross, 5th Block, Rajajinagar, Bangalore - 560010 have changed my name to Nisha Jain for all purposes.

I Jyothi Archana, D/o. John Arulappa have changed my name to ARCHANA JOHN, Affidavit Dtd. 31.03.2010 before G. B. Turamari, Notary, Blr.

LOST & FOUND

LOST: I, H.G. Gowramma W/o Rangaswamy have lost my Original Sale Deed brought property from G. Chandrasekh arayya measuring 26.5x53 sqft. Site No.200, Block No.1. Khatha No.265 Situated at The Karnataka Govt. Class D Employees Housing Co-operative Society, Lingadheeranahalli Grama, Herohalli Grama Panchayat, Yeshwantpura Hobli, North Taluk, Bangalore District. and Registered No. 7963/06-07 Page No.3, Book No.1, No.BLN-1-07963-2006-07 C.D. No. BLND263 Dated 06.05.2006 at Sub-Registrar office, Bangalore North Taluk, Bangalore. Lost on: 22.08.2022 at Kalyan Nagar, Bangalore. If anybody found pls call: 9986575454 or handover to the near by Police Station.

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It's in our nature

Should we protect nature for its own sake? For its economic value? Because it makes us happy? Yes

Extinction is part of life on Earth. Through much of our planet's history, species have been forming, evolving and eventually disappearing. Today, however, human activities have dramatically sped up the process. The Earth is losing animals, birds, reptiles and other living things so fast that some scientists believe the planet is entering the sixth mass extinction in its history.

On December 7, 2022, the United Nations will convene governments from around the world in Montreal for a 10-day conference that aims to establish new goals for protecting Earth's ecosystems and their biodiversity – the variety of life at all levels, from genes to ecosystems. There's broad agreement that there is a biodiversity crisis, but there are many different views about why protecting it is important.

Some people, cultures and nations believe biodiversity is worth conserving because ecosystems provide many services that support human prosperity, health and well-being. Others assert that all living things have a right to exist, regardless of their usefulness to humans. Today, there's also growing understanding that nature enriches our lives by providing opportunities for us to connect with each other and the places we care about.

As a conservation biologist, I've been part of the effort to value biodiversity for years. Here's how thinking in this field has evolved, and why I've come to believe that there are many equally valid reasons for protecting nature.

Defending every species

Conservation biology is a scientific field with a mission: protecting and restoring biodiversity around the world. It came of age in the 1980s, as humans' impact on the Earth was becoming alarmingly clear. In a 1985 essay, Michael Soulé, one of the field's founders, described what he saw as the core principles of conservation biology. Soulé argued that biological diversity is inherently good and should be conserved because it has intrinsic value. He also proposed that conservation biologists should act to save biodiversity even if sound science isn't available to inform decisions. To critics, Soulé's principles sounded more like environmental activism than science. What's more, not everyone agreed that biodiversity is inherently good. After all, wild animals can destroy crops and endanger human lives. Contact with nature can lead to disease. And some conservation initiatives have displaced people from their land or prevented development.

Valuing nature

Soulé's essay spurred many researchers to push for a more science-driven approach to conservation. They sought to directly quantify the value of ecosystems and the roles species played in them. Some scholars focused on calculating the value of ecosystems to humans. They reached a preliminary conclusion that the total economic value of the world's ecosystems was worth an average US$33 trillion per year in 1997. At the time, this was nearly twice the global value of the entire world's financial markets.

This estimate included services such as predators controlling pests that would otherwise ruin crops; pollinators helping to produce fruits and vegetables; wetlands, mangroves and other natural systems buffering coasts against storms and flooding; oceans providing fish for food; and forests providing lumber and other building materials.

Researchers have refined their estimates of what these benefits are worth, but their central conclusion remains the same: Nature has shockingly high economic value that existing financial markets don't account for. A second group began to quantify the nonmonetary value of nature for human health, happiness and well-being. Studies typically had people take part in outdoor activities, such as strolling through a green space, hiking in the woods or canoeing on a lake. Later, they measured the subjects' physical or emotional health.

This research found that spending time in nature tended to reduce blood pressure, lower hormones related to stress and anxiety, decrease the probability of depression and improve cognitive function and certain immune functions. People exposed to nature fared better than others who took part in similar activities in nonnatural settings, such as walking through a city.

> **Result of studies showed people exposed to nature fared better in health tests than others who took part in similar activities in nonnatural settings**

Losing species

A third line of research asked a different question: When ecosystems lose species, can they still function and provide services? This work was driven mainly by experiments where researchers directly manipulated the diversity of different types of organisms in settings ranging from laboratory cultures to greenhouses, plots in fields, forests and coastal areas. By 2010, scientists had published more than 600 experiments, manipulating over 500 groups of organisms in freshwater, marine and land ecosystems. In a 2012 review of these experiments, colleagues and I found unequivocal evidence that when ecosystems lose biodiversity, they become less efficient, less productive and less stable. And they are less able to deliver many of the services that underlie human well-being.

For example, we found strong evidence that loss of genetic diversity reduced crop yields, and loss of tree diversity reduced the amount of wood that forests produced. We also found evidence that oceans with fewer fish species produced less-reliable catches, and that ecosystems with lower plant diversity were more prone to invasive pests and diseases.

We also showed that it was possible to develop robust mathematical models that could predict reasonably well how biodiversity loss would affect certain types of valuable services from ecosystems.

Many motives

For years, I believed that this work had established the value of ecosystems and quantified how biodiversity provided ecosystem services. But I've come to realise that other arguments for protecting nature are just as valid, and often more convincing for many people.

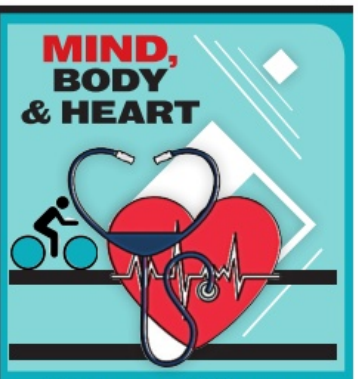
I have worked with many people who donate money or land to support conservation. But I've never heard anyone say they were doing it because of the economic value of biodiversity or its role in sustaining ecosystem services.

Instead, they've shared stories about how they grew up fishing with their father, held family gatherings at a cabin and so on. They wanted to pass on those experiences to their children and grandchildren to preserve familial relationships. Researchers increasingly recognize that such relational values – connections to communities and to specific places – are one of the most common reasons why people choose to conserve nature.

I also know many people who hold deep religious beliefs and are rarely swayed by scientific arguments for conservation. But when Pope Francis published his 2015 encyclical Laudato si': On Care for Our Common Home and said God's followers had a moral responsibility to care for his creation, my religious relatives, friends and colleagues suddenly wanted to know about biodiversity loss and what they might do about it.

Research shows that nature provides humanity with enormous value. But some simply believe that other species have a right to exist. As I see it, embracing these diverse perspectives is the best way to get global buy-in for conserving Earth's ecosystems and living creatures.

(Bradley J Cardinale (Penn State) for The Conversation)



All problems solved

Dear Coleen

I'm a 39-year-old woman with two young children - and a year ago I left my husband to get together with a younger guy I fell madly in love with.
He's 29 and I honestly felt he was the one I'd been looking for my entire life.
But over the past few weeks, he's gone cold and made a lot of excuses about why he can't see me.
I felt like a nag because I was always chasing him on the phone. I suppose I should have picked up on the vibes sooner because last week he ended it. To say I'm devastated is an understatement. How do I get through this and do you think I should talk to my husband about it?

COLEEN SAYS

As much as it hurts, you have to let your ex-boyfriend go to figure out what he wants, and accept it probably isn't you.
The odds were stacked against this relationship from the start, but you don't want to look at the odds when you're madly in love (and lust). This relationship was obviously very exciting, but you've had to learn a hard lesson: that the grass isn't always greener.
I get a lot of letters from readers who are thinking about leaving their partner for someone they're having an affair with - and I always advise them to imagine the situation you're in now.
However, you made a choice that felt right for you at the time, so don't beat yourself up or go down the road of "I left my husband for you".
You believed it would work, but it hasn't.
Also, your marriage can't have been in a good place or you wouldn't have left to be with this guy. I'm not sure if repairing your marriage is achievable, but you'd have a lot of stuff to work through.
I'm afraid there's no magic pill to take away the hurt, but don't sit around waiting for your ex to come to his senses - you need a new plan for going forward, so focus on that.

—Coleen Nolan, Daily Mirror

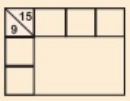
mybangaloremirror@timesgroup.com
facebook.com/theBangaloremirror
@BangaloreMirror

SOLVE IT IN A MINUTE

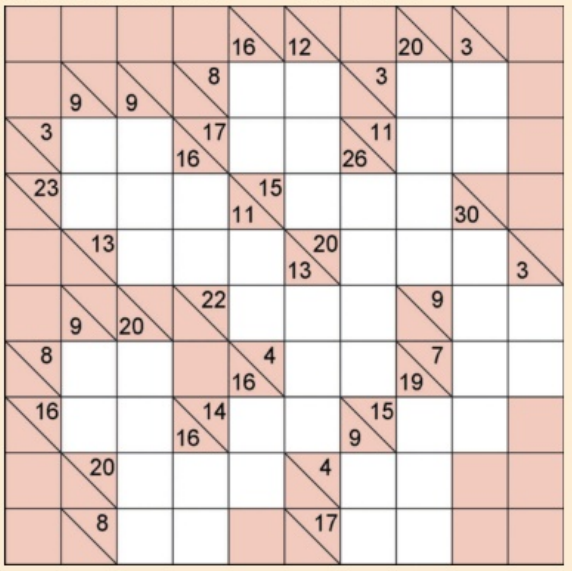
60, 55, 49, 42, X, 25
X = ?

Kakuro

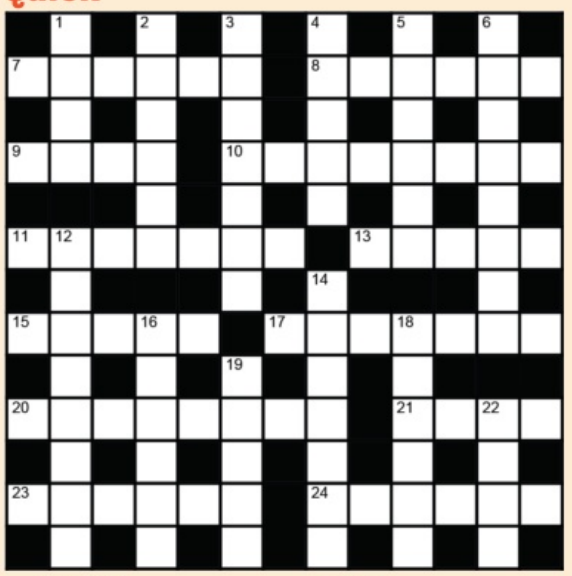
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Claim (6)
8 Clergyman (6)
9 Small chess-piece (4)
10 1250 hrs.? (3,2,3)
11 Small motorcycle (7)
13 Sit on a branch (5)
15 Tennis star Rafael ____ (5)
17 Conducted or brought in (7)
20 Retract; retreat (8)
21 Employs (4)
23 Carpentry tool (6)
24 Penitent (6)

DOWN

1 Among other things, inter ___ (4)
2 Makeshift shed (4-2)
3 Railway labourer (7)
4 Part of a play (5)
5 Signify (6)
6 Case for ship's compass (8)
12 Collarbone (8)
14 Cinema in the Banashankari area (7)
16 Hurting (6)
18 Evokes or calls forth (6)
19 Ten million, especially in India (5)
22 Sewing case (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: X EQUALS S

XWJJDXX PX S HNWETDK, TNL S FDXLPTSLPNT. LRD FNPTV PX NZLDT QNED PQCNELSTL LRST LRD NWLJNQD.

Linemaro

You understand quantum physics and smell good! Double wow!

Mindchow

If you try to fail, and succeed, which have you done?

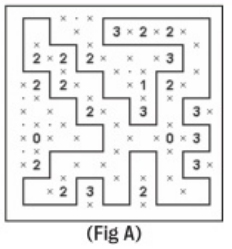
Joke of the day

Always give 100% at work: 12% Monday, 23%Tuesday, 40%Wednesday, 20%Thursday, 5%Friday

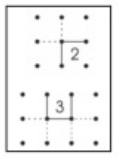
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

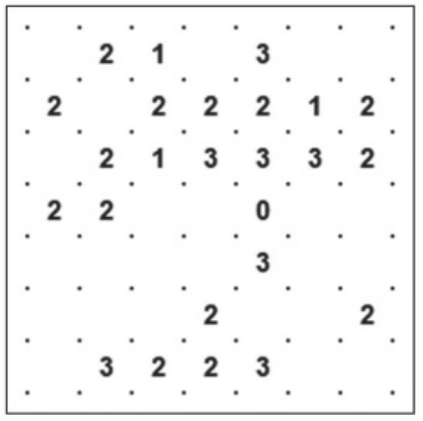


(Fig B) Not Allowed

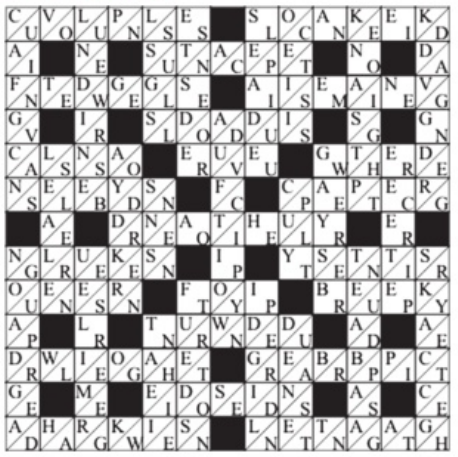
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



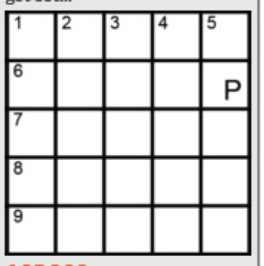
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

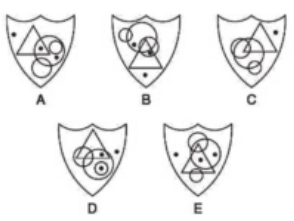
1 Roils; 6 Bap ma; 7 Tease; 8 A gait; 9 Hooks

DOWN

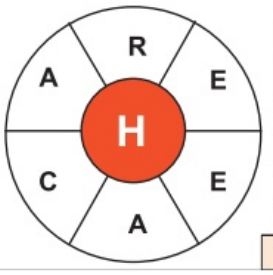
1 Slats; 2 He Boa; 3 Tario; 4 Amigo; 5 Spake

Mensapuzzle

Which shield below has most in common with the shield above?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

08 Average; **09** Good; **11** Outstanding

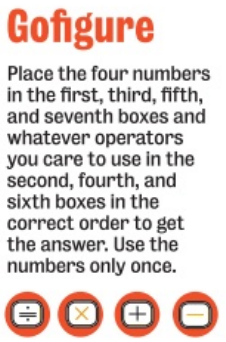
SudokuChallenge

5			8					2
2	9		1		3			
		8		5	2			4
		5			4		2	
		4				8		
	1		9			4		
8			4	3		2		
			2		7		8	9
3					8			5

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

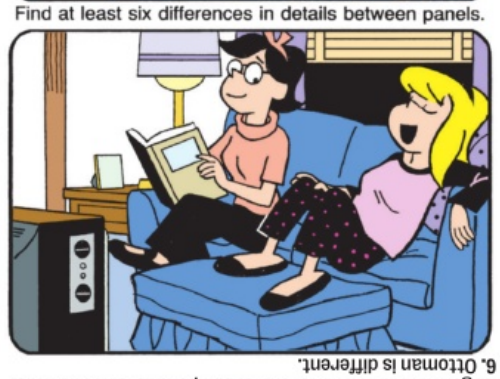
Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Hocusfocus

Find at least six differences in details between panels.



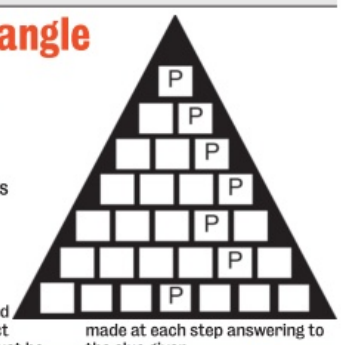
Differences: 1. Hand is moved. 2. Foot is moved. 3. TV is larger. 4. Mouth is different. 5. Lampshade is not as wide. 6. Ottoman is different.

Riddler

Up I go but cannot fly. Down into a well, always dry. Winding around, or straight as an arrow. Sometimes wide, often narrow. Carry you to safety in a fiery flurry. Carry you to death if you're in a hurry. What am I?

Alpha triangle

1 16th letter
2 Opus, abbr.
3 Addition to milk
4 Trough meal
5 Hoof sounds
6 Walks clumsily
7 Forces or coerces



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

THERE'S NO MOSS GROWING ON YOUR NORTH SIDE
9-20
TREES ARE SUPPOSED TO HAVE MOSS GROWING ON THEIR NORTH SIDE
MAYBE I SHOULD BE TAKING HORMONE SHOTS OR SOMETHING

Bizarrotrip

This item was used by a heavy metal band to drizzle vinaigrette.
Wayno & Piraro 9-30-22
SCHMANCY AUCTIONS LTD.
MOTLEY CRÜET
BIZARRO.COM

Diamond Lil

Hart of the city

WHAT'S UP, ALYSSA?
MY TOY MICROPHONE WENT MISSING! I'M PRACTICING MY NEWS ANCHOR VOICE. I NEED IT!
YOU WANT TO BE A NEWS ANCHOR?
THERE'S SOMETHING NICE ABOUT SAYING, "MORE AT 11" AND "BACK TO YOU, TOM."
SHE WAS WEIRD, BUT SHE WAS RIGHT.

Crankshaft

THE VALENTINE HAS A LOT OF HISTORY FOR US...
VALENTIN
AFTER ALL, IT'S WHERE MITCH WAS BORN!
VALE
YEAH... THAT WAS THE THIRD BABY I'VE DELIVERED!
ONLY AMAZON MAKES MORE DELIVERIES THAN GRAMPS!
BATIUK & DAVIS
9-27

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today your inner strength may help you start a new innovation on the work front. You are likely to get a big order in your parental business. This will improve your finances in the near future. New responsibilities in your job can make you busy. Job seekers might get a good job. Understanding with your spouse may be improved, which can maintain harmony in the family.

Taurus Apr 21 – May 20
Today you may feel dull and your health may not be good. You may be nervous .You may also have anxiety and restlessness. You are advised to postpone important investments in business or real estate. You are advised to avoid rash driving. You should avoid long distance travel as well. You are advised to do some meditation as it will be helpful in controlling messy situations.

Gemini May 21 – Jun 21
Today blessings from elders can make you happy. Your investments may give you profits. Losses are converted to profits now. Your savings may boost your bank balance. You may plan to invest in your kids' future as well. You will also enjoy some delicious food at home. Your problems related to throat, teeth, ear, or nose will be resolved now.

Cancer Jun 22 – July 23
Today you are blessed by elders. Your patience becomes very good. Your focus towards your work may be consistent. Your parent's health is now good. You are likely to spend time with your elders. You might also meet some influential person who may help you on the professional front. You may enjoy romantic moments with your spouse.

Leo Jul 24 – Aug 23
Today you may feel spiritual. You may help needy people around you. You can also plan to donate some money to charity or help needy people. Your hard work may help you get success in difficult projects. You may feel some divine power around you, which may help you in unpredictable situations. You may be attracted to the occult. Students are likely to enjoy studying in depth.

Virgo Aug 24 – Sep 23
Today you may feel dull and could be a victim of some hidden fear. This could make you scared. You are not in a situation to trust anyone. It is advised to do meditation or chant some prayers, which may help you come out from this hypothetical situation. With the help of elders, around late evening, you may come out from this mess.

Libra Sep 24 – Oct 22
Today you may be busy at work. Your network may be increased, and with the help of this, you are likely to get a big order in terms of business and work. You are likely to start new innovations in your partnership. You may get some investments in your business, which will boost the same in the near future. Your emotional relationship with your spouse will be better.

Scorpio Oct 23 – Nov 22
Today you may find yourself in a self-analysis state, which will bring some confidence in you. Your focus towards your goals is now clear. You may get success to achieve your goals. Your creativity might improve and you will take an interest in artefacts, movies, and glamour. At the end of the day, you may feel some satisfaction related to your life. Your opponents are likely to be under control now.

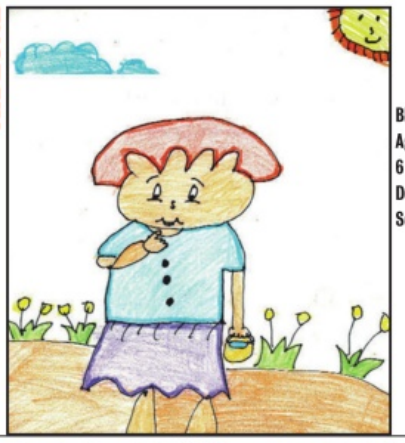
Sagittarius Nov 23 – Dec 22
Today you are likely to use your creativity to renovate your house or office. Your focus towards your goals may be good. Overworking may tire your mind, which can create anxiety, restlessness, and stress. Students are advised to avoid fantasy in their studies.

Capricorn Dec 23 – Jan 20
Today you may be dissatisfied. People around you may not cooperate, so you are advised to keep patience. You are also advised to read documents carefully before signing any contracts. Making new investments in useless assets may create a bottleneck for you. Students are advised to read their subjects with patience.

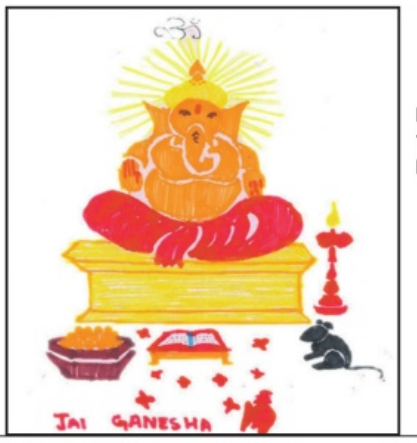
Aquarius Jan 21 – Feb 19
Today you may be enthusiastic and could have more focus, which will speed up your postponed projects. Your subordinates may help you start a new project, which could give you profits in the near future. You may expect some short trips related to family issues. Job seekers may hear good news in terms of work.

Pisces Feb 20 – Mar 20
Today you may be busy with family issues. You may take some important decisions on the domestic front. You should avoid arguments in personal life matters. Your arrogance may affect domestic harmony. You are advised to follow your intuition before making investments in business.

KIDZONE



Bhavya Agarwal, 6 Years, Delhi Public School



Nischal N, 11 Years, Bengaluru

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
60-5=55
56-6=49
49-7=42
42-8=34
34-9=25
X=34

BULL'S EYE
ache, arch, char, cheer, each, EARACHE, hare, hear, here, reach, rhea

STRIKE OUT

C	O	U	P	L	E	S	O	A	K	E	D			
A	N		U	N	A	P	T		N		A			
N	E	W	E	L	S		A	I	M	I	N	G		
A		N		O		R	U	B		G	H	E	E	
V		I		L	O	A	D	S		G				
A	L	S	O				G	H	E					
S	E	E	D	S		C		P	A	T	E	R		
	A		D	E	A	T	H	L	Y		R			
	G	R	E	E	N		I		Y	E	T	I	S	
	O	N	E		R		E		D		E		K	
		N	A	D	A	L		U	S	H	E	R	E	D
			V		C		C		H		D			
			W	I	T	H	O	R	A	W		U	S	E	S
				A		R		T	U	N	E	D		A	
				D	W	I	G	H	T		R	A	B	B	I	T
				E		E		O	S	I	N		A		C
				A	R	K	E	N		L	E	N	G	T	H
				D	A	R	K	E	N		L	E	N	G	T	H

FAST FIVE

S				S
L	O	R	I	S
A	B	A	M	P
S	E	T	A	E
T	A	I	G	A
S	H	O	O	K

RIDDLER Stairs

QUOTE UNCODE
Success is a journey, not a destination. The doing is often more important than the outcome.

QUICK

A	L		F		S	D		B						
A	L	L	E	G	E		C	L	E	R	I	C		
P	A	W	N		T	E	N	T	O	O	N	E		
I		A		T		E		N		N				
N	E		T		E		N		T		O		N	E
C		I		O		A		C		T				
W	I	T	H	D	R	A	W		U	S	E	S		
V		C		C		H		D						
N	A	D	A	L		U	S	H	E	R	E	D		
L				R		E				L				
S	C	O	O	T	E	R		P	E	R	C	H		
L				E						L				
P	L	A	N	E	R		R	U	E	F	U	L		
E	G		E		I		S		I					

MENSA PUZZLE
8: it has three circles of differing sizes, one triangle, one dot out on its own, one dot in the large circle only and the other dot in the middle-sized circle and triangle.

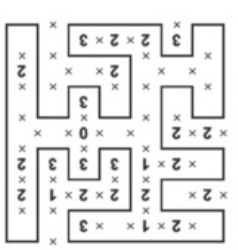
SUDOKU

3	2	1	6	9	8	7	4	5
4	5	6	2	1	7	3	8	9
8	7	9	4	3	5	2	1	6
7	1	2	9	8	6	4	5	3
6	3	4	5	2	1	8	9	7
9	8	5	3	7	4	6	2	1
1	6	8	7	5	2	9	3	4
2	9	7	1	4	3	5	6	8
5	4	3	8	6	9	1	7	2

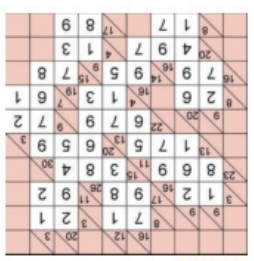
GO FIGURE
Easy
4 + 9 + 5 + 5 = 23
Medium
6 + 2 / 1 + 2 = 10
Hard
2 - 2 + 1 x 7 = 7

ALPHA TRIANGLE
P, Op, Sop, Slop, Clops, Clomps, Compels.

LOOP



KAKURO



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 # Kim Kardashian stalker restrained

Kim Kardashian has filed a restraining order against her most recent stalker. According to TMZ, a five-year order of protection was granted against the man in question, Andre Persaud

Deep connect

Ranveer reveals he bonded with DP over 'struggles'

Couple connected over rejections, humiliation and reliance on family

Ranveer Singh and Deepika Padukone are one of the most adorable couples of B-Town. The two who were in a relationship for six years before they got married in 2018 are serving couple goals. But there's also a special reason for their connection.

In a recent interview with Esquire Singapore, Ranveer revealed that since Deepika has also come from the outside like him and doesn't belong to a family of actors, they both went through similar struggles and experiences. Hence, they connected over their rejections, humiliations, struggle and reliance on one's supportive family. He also shared that because he has a close-knit circle which includes his family and friends, they keep him grounded. Ranveer shared that Deepika is also grounded and her family stays away from the limelight. He added that Deepika's family is like a very simple middle-class to upper middle-class family.

On the work front, Ranveer will be seen next in Rohit Shetty's 'Cirkus' which is set to release on December 23. He collaborates with him post 'Simmba' and his cameo in 'Sooryavanshi'. Deepika has a big release in January in the form of 'Pathaan' alongside Shah Rukh Khan and John Abraham. Deepika also has a cameo in 'Cirkus'.

—ETimes

Happy to make people happy

Shah Rukh Khan recently admitted that he absolutely loves receiving awards. The superstar also added that he feels lucky to be the face of Indian cinema at global events.

Shah Rukh, who received an honorary award to recognise his contribution to the film industry at a film festival, said that he likes the whole idea of awards because it is not for a specific job that he has done. According to him, he has been trying to make people happy for the last 32 years. He has been successful sometimes, but all in all he felt nice.

Elaborating further, SRK added that he sometimes feels being recognised for this work is not something individual, it's for the film industry in India. According to him, he is very fortunate and lucky that he gets chosen in places to be the face of the Indian film industry. He is very happy that he can go and tell the stories of Indian films and how they make cinema to the rest of the world. SRK hoped that people will see more of Indian cinema

—ETimes

For me, work should be pleasurable experience: Kajol

Three decades in Bollywood, with six Filmfare Awards in her kitty, Kajol who has wowed audiences over the years with her stellar performances, said that she still has a long way to go in the film industry.

The vivacious actress, when asked why she was not seen more often on the big screen, however, admitted that she was sometimes "lazy" and mostly picky about her scripts.

"Work for me should not feel like work; it should be a pleasurable experience. I do have a lot more to do, a lot more to say, there is still a long way to go... "But I don't have a dream role as such. I wait and see what the directors have to offer me. I just want to keep working and be happy about it," Kajol said during her media interaction for her latest outing 'Salaam Venky'.

Kajol, a mother of two, also said that films are only a part of her life.

"Films are not the only thing in my life. My kids and family from a big part of my life too," she stated.

—PTI

What Janhvi wants

Janhvi Kapoor, the daughter of the late actress Sridevi, is grabbing the attention of Kollywood fans through sensational social media pictures. Therefore, fans wish to see the sizzling actress sign a Tamil movie soon. As per a report, the actress has expressed her wish to work in Kollywood, especially with Vijay Sethupathi. Janhvi revealed that she made a phone call to Vijay and even expressed her wish of working together with the actor in a film.

Janhvi Kapoor has disclosed her conversation with Vijay Sethupathi in the latest media interaction, and we might see the popular Bollywood actress stepping into Kollywood soon.

Janhvi Kapoor last delivered the Hindi film 'Good Luck Jerry', the Hindi remake of the Tamil film 'Kolamavu Kokila'. Janhvi Kapoor reprised Nayanthara's role in the remake and the direct OTT release received good reviews from the audience. It was a successful remake for Janhvi Kapoor and the actress always has an eye on South movies. The pretty actress is currently shooting for a couple of her Hindi films 'Bawaal' and 'Mr. & Mrs. Mahi'.

On the other side, Vijay Sethupathi recently delivered the cop-drama 'DSP', which is directed by Ponram and the film opened with mixed reviews. The film has also been struggling at the box office, and the versatile actor ended 2022 with a collapse.

—ETimes

SANDALWOOD SHOTS

Y MAHESWARA REDDY

Grocer and producer

S Rajasekhar, a grocery shop owner from Ramanagara, has a burning passion for films. Since 2014, he has bankrolled four Kannada movies, but none worked. The failures of Kalyanamasthu, Naan Maadiddhu Thappaa, Pete Lifu Halli Haiku and Mudakana Maduve have not deterred Rajasekhar.

He has bankrolled one more film – Appa Is Great – with Shobaraj in the lead role. An item song was picturised in Rajajinagar a few days ago. Shobharaj, Alisha, Chandraprabha and others shake a leg for the song.

"A few real life incidents are the inspiration for me to write this script. A small portion of this movie is pending and I am planning to complete it soon," said Rajasekhar. According to him, the script is about the relationship between a father and his son.

Surprise success

Debutant director Kishore is elated over the successful screening of his maiden movie Flat #9. Nowadays, when most Kannada movies, other than the big-budget ones, are withdrawn from screening within one or two days, Flat #9 is scheduled to continue screening next week too. Its success is quite surprising because not many people were aware of the movie prior to its release at theaters.

"I am very happy with the response and encouragement from Kannada movie-goers. We have released this movie at 30 screens. I hope to receive the same response for this movie next week too," said Kishore.

Kishore had worked as assistant for actor-cum-director Crazy Star Ravichandran for movies Kalla Malla Sulla and Manjina Hani.

Flat #9 is a murder mystery. The heroine Thanya, a psychopath, commits three murders in Bengaluru. The case is transferred to CBI and the climax is how Yashwanth, a CBI officer, succeeds in nabbing the killer.

Skanda Ashok, who plays the lead role in Flat #9, made his debut in films with Notebook, a Malayalam movie. Tejaswini Sharma plays the female lead in this movie. Prior to this, she acted in the movie English Manja.